Amendments to and Listing of the Claims:

Please *cancel claims 1-18*, without prejudice to the filing of one or more divisional applications directed to the subject matter thereof and *add new claims 23 and 24*, as shown below in the following listing of all claims ever presented. The following listing of claims replaces all prior versions thereof.

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1-18. (**Canceled**)

- 19. (Original) A plate comprising a cross-directionally worked molybdenum component selected from the group consisting of (i) a molybdenum component containing molybdenum and an alloying element selected from the group consisting of titanium, zirconium, hafnium, carbon, lanthanum oxide, and combinations thereof or (ii) a molybdenum component comprising molybdenum, niobium and an alloying element selected from the group consisting of titanium, zirconium, hafnium, carbon, lanthanum oxide, and combinations thereof or (iii) a molybdenum component comprising molybdenum, tungsten in an amount ranging from about 1 to about 30 wt. % and an alloying element selected from the group consisting of titanium, zirconium, hafnium, carbon, lanthanum oxide, and combinations thereof; wherein the plate has a radial strength of at least about 60 ksi when the plate is exposed to a temperature of about 1600° C.
 - 20. (Original) The plate of claim 19, wherein the plate further comprises a stem.
 - 21. (Original) An x-ray target comprising:
- (a) a plate comprising a cross-directionally worked molybdenum component selected from the group consisting of (i) a molybdenum component containing molybdenum and an alloying element selected from the group consisting of titanium, zirconium, hafnium, carbon, lanthanum oxide, and combinations thereof or (ii) a molybdenum component comprising

molybdenum, niobium and an alloying-element selected from the group consisting of titanium, zirconium, hafnium, carbon, lanthanum oxide, and combinations thereof or (iii) a molybdenum component comprising molybdenum, tungsten in an amount ranging from about 1 to about 30 wt. % and an alloying element selected from the group consisting of titanium, zirconium, hafnium, carbon, lanthanum oxide, and combinations thereof;

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wherein the plate has a radial strength of at least about 60 ksi when the plate is exposed to a temperature of about 1600° C.;

- (b) a focal track located on a surface of the plate; and
- (c) a stem extending from the plate.
- 22. (Original) The target of claim 21, wherein the stem comprises a worked molybdenum component selected from the group consisting of (i) a molybdenum component containing molybdenum and an alloying element selected from the group consisting of titanium, zirconium, hafnium, carbon, lanthanum oxide, and combinations thereof or (ii) a molybdenum component comprising molybdenum, niobium and an alloying element selected from the group consisting of titanium, zirconium, hafnium, carbon, lanthanum oxide, and combinations thereof or (iii) a molybdenum component comprising molybdenum, tungsten in an amount ranging from about 1 to about 30 wt. % and an alloying element selected from the group consisting of titanium, zirconium, hafnium, carbon, lanthanum oxide, and combinations thereof,

wherein the stem also has a strength of at least about 60 ksi when the stem is exposed to a temperature of about 1600° C.

- 23. (New) A cross-directionally worked molybdenum plate having a uniform grain structure, the plate prepared by a process comprising:
 - (a) reducing ammonium molybdate and forming molybdenum metal powder;
- (b) consolidating a molybdenum component comprised of molybdenum metal powder and an alloying element to a first workpiece, the alloying element being selected from

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the group consisting of titanium, zirconium, hafnium, carbon, lanthanum oxide, and combinations thereof;

- (c) thermally treating the first workpiece and subjecting the workpiece to thermomechanical forces in a first direction, and thereby forming a second workpiece;
- (d) thermally treating the second workpiece and subjecting the second workpiece to thermo-mechanical forces in a second direction that is different from the first direction;
- (e) subjecting the thermomechanically treated second workpiece to a recrystallization heat treatment step, and thereby forming a heat-treated cross-directionally worked workpiece; and
- (f) subjecting the heat-treated, cross-directionally worked workpiece to a slicing step or a machining step, and thereby forming the cross-directionally worked molybdenum plate.
- 24. (New) The plate according to claim 23 further comprising a stem attached to the plate, wherein thermally treating the second workpiece comprising upset forging in a closed die forging process with a closed die that is dimensioned to form a plate, and wherein the closed die is further dimensioned with a mold for the stem.